

Eat Smart and Move More

with the Family Nutrition Program

Offering *free* healthy eating and active lifestyle lessons to income-eligible residents of Chesterfield County

Learn how to better:

- Get more for your money at the grocery store;
- Include a variety of colorful fruits and veggies into your diet;
- Read and understand food labels;
- Plan a meal for a balanced week;
- Portion your food;
- Include physical activity into your everyday life.

Plus much more!



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Call **804-751-4401**

for more information or
 email me at **cichaney@vt.edu**

Participants receive:

- Loads of recipes and nutrition tips;
- Helpful kitchen utensils to take home;
- Meal and grocery shopping planning pad
- Resistance bands



Plus much more!

Contact me to schedule a *free* 6-session program to inspire healthy living for yourself, your group, or your organization!

